

**UNIVERSITY OF DELAWARE
OFFICE OF LABORATORY ANIMAL MEDICINE**

Rat Restraint SOP #A-107

Technique:

1. Grasp the rat near the base of the tail and lift it from the cage. Do not suspend a rat by their tail for prolonged periods.
2. Place the rat on a firm surface such as a table or on the inside elbow of your lab coat to relax or calm the animal, while maintaining hold of the animal.
3. For restraint, calmly place your index and middle fingers down along the sides of the rat's head with your thumb and ring finger under the forelegs.
4. Use your index and middle fingers to secure its head and the remaining fingers to gently support the chest.
5. Hold the tail and support the lower body with your other hand.
6. The rat is now in a position to be given injections or have fluids administered by an assistant.
7. Constantly observe the rat during restraint. If the animal shows signs of respiratory distress, slightly loosen grip, or release the animal into a safe place.